

# Tasty Veggie Tacos

**Makes:** 4 Servings

“In Nebraska we are fortunate to have access to delicious fresh and garden-raised vegetables,” says Lauren. “It hit me that we can make foods that we already love, into healthier but yummy foods. That inspired me to whip up something that utilized vegetables for more than just the toppings. Cauliflower creates a twist on taco shells and is the foundation of a new take on tacos. I hope you enjoy this new take on tacos!”

## Ingredients

For the Cauliflower Tortillas:

- 1 head cauliflower, chopped
- 2 large eggs
- 1/4 cup** chopped fresh cilantro
- 1/2** lime, juiced
- Salt and freshly ground black pepper

For the Corn Salad:

- 2 ears of corn, kernels removed (about 1 cup fresh corn kernels)
- 1/4 cup** chopped cilantro
- 1 teaspoon zest and juice of 1/2 fresh lime
- 1 tablespoon** olive oil
- 1/4 teaspoon** sea salt
- 1/2 cup** crumbled queso fresco

For the Black Beans:

- 1 tablespoon** olive oil
- 1 yellow onion, peeled and chopped
- Salt and freshly ground black pepper
- 1 tablespoon** ground cumin
- 2 15-ounce cans black beans, rinsed and drained
- 1/4 cup** water

Garnish:

- 1 large avocado, sliced into thin strips
- Pickled jalapeños
- Salsa and/or fresh tomatoes



## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>435</b>
<b>Total Fat</b>	<b>15 g</b>
Saturated Fat	4 g
Cholesterol	105 mg
<b>Sodium</b>	<b>735 mg</b>
<b>Total Carbohydrate</b>	<b>56 g</b>
Dietary Fiber	20 g
Total Sugars	8 g
Added Sugars included	N/A
<b>Protein</b>	<b>24 g</b>
Vitamin D	1 mcg
Calcium	244 mg

## Directions

1. **To make the Cauliflower Tortillas:** Preheat the oven to 375°F. Line a large baking sheet with parchment paper or grease with oil or nonstick cooking spray. In a food processor, add cauliflower and pulse until it becomes rice-like consistency. Place in a microwave--safe bowl and microwave for 2 minutes, then stir and microwave again for another 2 minutes. Place in a thin dish towel, let cool for several minutes and then squeeze out as much liquid as possible. In a medium bowl, whisk the eggs. Add in cauliflower, cilantro, lime, salt, and pepper and mix until well combined. Use your hands to shape 4 "tortillas" on the parchment paper. Bake for 10 minutes, carefully flip each tortilla, and return to the oven for an additional 7 minutes, or until completely set and light golden. Place tortillas on a wire rack to cool slightly.
2. **To make the Corn Salad:** In a microwave--safe bowl, cook the corn for 2 minutes. In a medium--sized mixing bowl, combine the corn with the remaining ingredients and set aside to marinate.
3. **To make the Black Beans:** In a large nonstick skillet, warm the olive oil over medium heat, add the onions and salt, to taste. Cook, stirring occasionally, about 5 minutes, or until the onions have softened. Add the cumin and cook for about 30 seconds, add the beans and water. Stir, cover, reduce heat to low and simmer for 5 minutes. Mash half of the beans with the back of a fork or a masher. Remove from heat, season with salt and pepper to taste.
4. **To Assemble:** Place 2 tablespoons of the bean mixture into each cauliflower taco shell, top with corn salad, and enjoy with optional garnish.

The 2016 Healthy Lunchtime Challenge Cookbook